The First ANA Employee Cookbook

1981

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APPETIZERS and BEVERAGES

BACON ROLL UPS

1/2 cup sour cream
1/2 teaspoon onion salt
1/2 lb. bacon, cooked and crumbled
8 oz. can refrigerated crescent rolls

Mix together first three ingredients. Separate rolls and place on baking sheet. Spread mixture on rolls and roll up. Cut each roll into thirds. Makes 24 rolls.

Bake at 375° for 12 to 15 minutes.

Tammy Morin

MARINATED MUSHROOMS (ANTI PASTO)

2/3 cup olive oil
1/2 cup water
3/4 cup lemon juice
1 bay leaf
2 "bruised" garlic cloves
6 whole peppercorns
1/2 tsp. salt
1 lb. small, whole, fresh mushrooms

1. Combine oil, water, lemon juice, bay leaf, garlic cloves, peppercorns and salt in skillet.
2. Bring to a boil, cover, reduce heat, and simmer for 20 minutes.
3. Strain the marinade, return to skillet.
4. Over low heat, drop in the mushrooms, coat, simmer for about 5 minutes.
5. Allow the mushrooms to cool at room temperature, then refrigerate for at least an hour.
6. Serve chilled.

May be made up to two days in advance.

Denise Schultz

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CHEESE BALL

2 pkgs. (8 oz. ea.) cream cheese
2 cups shredded sharp cheddar cheese
1 tablespoon chopped pimiento
1 tablespoon chopped green pepper
1 tablespoon finely chopped onion
2 teaspoons Worchestershire
1 teaspoon lemon juice
Dash of cayenne (red pepper)
Dash of salt
Sliced natural almonds

Combine softened cheeses, mixing until well blended. Add next seven ingredients, mixing well, and chill. Shape into a ball. Stick with almonds, porcupine fashion, and set on a serving tray. Surround with assorted crackers.

Janet Warner

APPETIZER CHEESE PUFFS

1/2 lb. soft butter or margarine
1/2 lb. grated cheddar cheese
1/4 tsp. cayenne pepper
2 cups flour
2 cups rice krispies cereal

Mix butter & cheese with mixer until smooth. Stir in pepper and flour. Fold in rice krispies. Form into 1" balls & chill. When ready to bake, flatten to about 1/2" thick. Place on cookie sheet and bake at 300° for 15 minutes. Serve as snack or with drinks.

Martha Hodges

CHEESE FONDUE

1 small clove garlic, halved
3/4 cup beer
8 ounces process Swiss cheese, shredded (2 cups)
4 ounces sharp natural cheddar cheese, shredded (1 cup)
1 tablespoon all-purpose flour
Dash bottled hot pepper sauce
French bread
Warmed boiled potatoes

Rub inside of heavy saucepan with cut surface of garlic; discard garlic. Add beer and heat slowly. Coat cheeses with flour. Gradually add to beer, stirring constantly, till mixture is thickened and bubbly. (Do not allow mixture to become too hot.) Stir in hot pepper sauce. Transfer to fondue pot; place over fondue burner. Spear bread or potatoes with fondue fork; dip into fondue, swirling to coat. (If mixture becomes too thick, stir in a little additional warmed beer.) Makes 4 to 6 servings.

Marvin Scott

APPETIZERS RELLENO

2 small cans of whole green chiles
1/2 lb. Monterey Jack cheese, grated
1/2 lb. sharp cheddar cheese, grated
6 eggs

Grease 9 x 13 pan. Split and remove seeds from green chiles and line bottom of pan with them. Mix together cheeses and spread over chiles. Beat eggs until fluffy and pour over cheese. Cover with foil.

Bake at 350° for 30 minutes.
Remove foil and bake at 250° for 30 minutes.

Let set for five minutes and cut into small squares.

Sharon Schmidt

NACHOS

Large corn chips
Monterey jack cheese
Canned green chili peppers, rinsed and seeded

Spread tortilla chips in a single layer on an ovenproof plate or baking sheet. Cut cheese in 3/4 x 3/4 x 1/4 - inch pieces. Cut chili pepper in strips. Place a piece of cheese on each chip; top with a strip of chili pepper. Bake in 400° oven 5 minutes or till cheese melts. Serve hot.

Marvin Scott

CHILI CON QUESO

1 large onion, diced
1 tablespoon bacon fat
2 cloves garlic, minced
1 can (10 oz.) Green Chili Salsa (with tomatoes if desired)
1 tablespoon flour
1 can Green Chili (chopped)
1 lb. Velveeta Cheese, cubed
1 tablespoon Worchestershire Sauce

Saute onion in bacon fat. Add garlic and peppers in tomato/chili salsa. Simmer 5 minutes. Thicken with flour. Add Worchestershire, green chilies, peppers & cubed cheese. Simmer to blend, serve in chaffing dish with fritos or doritos, mushrooms, sausages, vegetables or cubed bread.

Mickie O'Brien

GLUEHWEIN (MULLED WINE)

1/2 pint water
A piece of cinnamon
4 cloves
A piece of lemon rind
2-3 oz. sugar
1 pint red wine

Mix the water with the spices and boil gently for about 5 minutes. Add the sugar and let it dissolve. Add the red wine and heat it almost to boiling point. Remove the spices before serving; put a slice of lemon into glass, if desired.

The water may be omitted and the drink made with 1 1/3 pint of red wine, proceed as above.

Prost.

Astrid Gracy

BOSTON COOLER

Take one tall glass and place two small to medium sized scoops of vanilla ice cream in it. (The richer the ice cream the better; French Vanilla works best.)

Fill glass with Vernors brand ginger ale and stir. Drink the ginger ale. You may then eat the ice cream with a spoon or refill the glass with Vernors and repeat until the ice cream is melted.

Tom DeLorey

BREAD
and
PASTRIES

EVELYN'S HEAVENLY CARROT BREAD

1/2	cup oil
1/2	cup brown sugar
1/3	cup honey
2	eggs
1	teaspoon vanilla
1/2 - 1	cup grated carrot
1⅓	cups flour
2	tablespoons wheat germ
1	teaspoon baking powder
1/2	teaspoon salt
1½	teaspoons cinnamon
1/2	cup nuts

Mix together oil, brown sugar, honey, eggs, vanilla and carrot. Add dry ingredients and blend in well. Fold in nuts. Pour into a greased loaf pan.

Bake at 350° for approximately 1 hour.

Evelyn Rowland

MONKEY BREAD

1½	pkgs. yeast
1	teaspoon sugar
1/4	cup warm water
1/2	cup butter
1/2	cup sugar
3/4	cup scalded milk
1	teaspoon salt
5	cups flour
3	large eggs

Dissolve yeast and 1 teaspoon sugar in warm water. Combine butter, 1/3 - 1/2 cup sugar and salt. Pour scalded milk over butter mixture. Stir to melt butter. Cool. Add yeast, beaten eggs, half flour & beat well. Add rest of flour to make soft, nonsticky dough. Knead well on floured breadboard. Place in buttered bowl, let rise until double. Punch down, divide in half, roll to 1/4" thickness on floured breadboard. Cut in diamonds or rounds. Melt butter, dip each piece in butter and arrange in bundt pan. Cover, let rise til almost double.

Bake at 375° for about 45 minutes or until done.

Susan Turner

POTICA

2½	cups milk
1	cup oleo
2	pkgs. dry yeast
1/2	cup luke warm water
4	eggs - whole
1/2	cup sugar
2	tablespoons salt
7	cups flour

FILLING:

2	lbs. shelled walnuts (or pecans)
1	lb. raisins
1	cup honey
1	cube oleo
3-4	eggs, well beaten
1	cup sugar
2	tablespoons cinnamon
1	tablespoon vanilla
1	teaspoon lemon extract
1	cup milk (approx.)

Heat milk & oleo in sauce pan to luke warm. Dissolve yeast in 1/2 cup luke warm water. Beat eggs in large mixing bowl. Add sugar & salt. Blend well. Add milk & oleo. Stir well together. Add yeast. Stir well. Gradually add approx. 7 cups flour, 1 cup at a time, stirring well after each addition. After all flour is added, continue stirring until dough is nice and smooth - not too sticky or stiff. Cover with greased foil in warm place to rise to double in bulk. Punch & stir it down with greased spoon. Cover & set back to rise again.

Prepare the filling. Grind the nuts & raisins with the finest blade of a food chopper, separately. Use a number of graham crackers to clean out the food chopper. Put crackers right in with the nuts & raisins - makes more filling & tastes great. Place all in 3-4 qt. sauce pan with honey, oleo, eggs, sugar, cinnamon, vanilla, lemon & milk. Stir

(more)

together. Place over heat, stirring constantly until well blended. This must be of paste (thick) consistency. Remove from heat.

On a generously floured table take stirred down dough and place ½ of it on the center of the floured area. With your hands, roll the dough around until it is well floured. Then roll it out with rolling pin as thinly as possible.

Now spread the filling on the dough using ½ the filling. Starting with the long edge, roll. Cut roll into 3 equal sections and place into well greased pan, 15½" X 10½" X 2". Cut the roll with a floured edge of a saucer to keep from cutting the table. Repeat the above with second half of dough and filling.

Place covered with buttered foil in draft free warm place to rise to double in bulk.

Beat 1 egg and brush the top of the potica (if desired) before baking.

Bake at 320° for 1 hour, 10 mins.

Don't cut potica until it is cold. Let cool 10 mins. in pan, loosen and turn out onto a cutting board.

Merril Davis

SOURDOUGH STARTER

In a large crock, at least 3-qt. size, soften 1 package active dry yeast in 1 qt. lukewarm water. Add:

2 tablespoons sugar
4 cups sifted flour

Beat to mix. Cover; let rise until light and slightly aged, 24 - 48 hours. Starter may then be kept in refrigerator 7 - 10 days without attention then it should be stirred and equal amounts of flour and water added. To keep starter, pour off amounts needed for recipe then add flour and water to the remaining starter. Amount of starter added will depend on the amount used.

Mrs. Tommy Acker

BANANA BREAD

1-3/4 cup sifted flour

3/4 teaspoon soda

1½ teaspoons cream of tartar

1/2 teaspoon salt

1/3 cup shortening

2/3 cup sugar

2 eggs, well beaten

1 cup mashed bananas (2 or 3)

Sift flour, soda, cream of tartar and salt together 3 times. Cream shortening. Stir in sugar, a few tablespoons at a time, and continue to beat after each addition until light and fluffy. Add eggs and beat well. Add flour mixture alternately with bananas, a small amount at a time. Beat after each addition until smooth. Pour into well greased 8½ X 4½ X 3 inch loaf pan.

Bake at 350° for 1 hour or until done.

Mary Thompson

BROWN BREAD

1 cup dates cut fine

2 teaspoons baking soda

2 cups boiling water

2 level tablespoons butter

2 cups sugar

2 eggs, well beaten

Place dates in a bowl, sprinkle with baking soda. Add boiling water and let cool to lukewarm. Cream the butter and sugar and then add the eggs, then add to date mixture. Mix well.

Add:

4 cups flour

1 teaspoon salt

2 teaspoons vanilla

1 cup nuts (walnuts)

Put into 5 greased #2 cans. Fill half full and bake in slow oven 1 hour and 20 minutes. Take out of can and let cool.

Mickie O'Brien

GUMDROP BREAD

2	cups flour
1½	teaspoons baking powder
1	teaspoon salt
1	cup sugar
1/2	teaspoon soda
	juice of 1 orange
2	tablespoons shortening
1	full cup boiling water
1	egg - well beaten
1	cup gum drops - cut up small

Mix shortening, orange juice, sugar and water. Sift dry ingredients and add to above. Add egg and gum drops.

Bake at 325° for 1 hour.

Sue Mehlisch

BANANA NUT BREAD

1/2 cup vegetable oil
1 cup sugar
2 eggs, beaten
3 bananas, mashed to a pulp
2 cups flour
3/4 teaspoon soda
1/2 teaspoon baking powder
1/2 teaspoon salt
4-5 tablespoons milk
1/2 teaspoon vanilla
1/2 cup chopped nuts

Beat vegetable oil and sugar together. Add eggs and bananas; beat well. Sift flour, soda, baking powder and salt. Add to first mixture with milk and vanilla. Beat well and stir in nuts. Bake in 9 X 5 X 3 inch loaf pan lined on the bottom with waxed paper.

Bake at 375° for about 50 minutes.

Cool well and store airtight.

(adjusted for altitude)

Mrs. Ken Hallenbeck

DINNER ROLLS

3/4 cup milk
1/2 cup shortening
1/2 cup sugar
1 teaspoon salt
2 pkgs. active dry yeast
1/2 cup warm water (110°-115°)
4-1/4 to 4-3/4 cups flour
2 eggs

Scald milk; add shortening, sugar and salt. Cool to lukewarm. Sprinkle yeast on warm water and stir to dissolve.

Add 1-1/2 cups flour to milk mixture; beat well by hand or with mixer at low speed for one minute. Beat in eggs and yeast mixture.

Gradually stir in enough remaining flour to make soft dough that leaves sides of bowl. Turn out on floured surface and knead 5 to 8 minutes. Put into greased, covered bowl and let rise until double in size. Punch down and let rise again for about 1-1/2 hours. Divide into rolls and let rise for 30 to 45 minutes. Makes about 30 rolls.

Bake at 400° for 12 to 15 minutes.

Arthur Mussey

SOAPAPIAS

2 pkgs. active dry yeast
3/4 cup warm water (105° - 115°)
2-2/3 cups warm water
1/4 cup sugar
1 tablespoon salt
3 tablespoons shortening
9 - 10 cups flour

Dissolve yeast in 3/4 cup warm water. Stir in 2-2/3 cups warm water, the sugar, salt, shortening and 5 cups of the flour. Beat until smooth. Mix in enough remaining flour to make dough easy to handle or until it dosen't stick to your fingers.

Deep fry until they puff up. Fill with honey, pinto beans or any type beans.

Judy Stebenne

* *

DANISH PANCAKES

2 eggs
1 tablespoon sugar
2 cups flour
2 cups milk
2 tablespoons melted butter
1/2 cup beer

Beat eggs and sugar. Sift flour and add to eggs. Add milk, mix well. Last add melted butter and beer. Stir until smooth. Spread batter very thin on hot greased skillet, turn with spatula. This is a nice crisp pancake, the beer makes them tender.

Lotte Kennedy

SAUSAGE BISCUITS

3 cups bisquick
2 cups sharp cheese
1 lb. sausage

Work up with hands until all bisquick is absorbed. Make into 1 inch balls.

Bake at 375° - 400° for 15 - 20 minutes.

Cindy Bridges

* *

MALASADOS

(Portuguese Doughnuts)

4 or more slices white bread
2 cups bisquick
1 egg
1 cup milk
1/2 teaspoon vanilla

Mix last 4 ingredients. Cut crusts off bread and quarter. Dip bread in batter then fry in hot oil - about 1 inch or so in small pan. Drain and cool. Roll in sugar.

Leonard Albrecht

DANISH PASTRY

2 pkgs. dry yeast
1/2 cup warm milk (for yeast)
1/4 cup sugar
1 teaspoon salt
2 eggs
1 cup butter
1 cup milk
4½ cups flour

FILLING:
1/2 cup butter
1 cup powdered sugar
1/2 cup ground nuts

Dissolve yeast in warm milk, use a large bowl. Add salt, sugar and 1/3 of the butter. Mix well. Sift flour into bowl and add eggs and milk. Mix again. Turn dough into a lightly floured board and knead until dough is springy and elastic. Put dough in a greased bowl and let rise to double bulk, in a warm place. Roll dough into a square & spread half of remaining butter on top. Fold over 3 times. Roll dough out again and use the last of butter. Roll out dough and fold until all butter is absorbed in dough.

Make nut filling. Roll dough out in a long strip 1/4" thick. Spread the nutfilling over strip and fold sides up. Can be shaped into a ring or a large pretzel. Or if preferred made into individual pieces and filled with custard or almond paste.

Place on greased baking sheet, let rise to double bulk in a warm place. Brush with slightly beaten egg.

Bake at 400° about 15 minutes. If desired, spread the pastry with icing made of powdered sugar & water.

Lotte Kennedy

BREAKFAST KRINGLE

2-1/3 cups flour
1/2 lb. butter
1 cup sour cream
Mix above ingredients for "pie" crust
Regrigerate for 1 hour (or over night)
Divide into four balls
Roll out in rectangular shape and spread pie filling in center.
Flip edges over, but do not cover center completely.
Spread top with streusel of:

1/2 cup brown sugar
1/2 cup flour
1/4 cup butter

Crumb streusel as coarse peas and sprinkle on top.

Bake at 350° for 45 minutes.

Mrs. Ed Fleischmann

YORKSHIRE PUDDING

1	cup flour
1/2	teaspoon salt
1	cup milk
2	eggs

Put all together in a bowl. Beat well. Pour some roast beef drippings in a shallow pan. Have pan and drippings hot. Pour pudding mixture quickly in pan. Bake for about 1/2 hour in 400° - 450° oven. When pudding is set and crackley, cut in squares and put around beef loaf or roast. Put some drippings on cut pudding.

It takes about 20 to 30 minutes to bake.

Mickie O'Brien

BUTTERMILK BISCUITS

2 cups flour
2 teaspoons baking powder
1/2 teaspoon soda
1/2 teaspoon salt
1/2 cup shortening
Buttermilk to make a soft dough

Sift flour once; measure; add dry ingredients and sift twice. Cut in shortening with pastry cutter or two knives. Add enough buttermilk to make dough soft enough to handle. Toss on floured board; roll out to 3/4 inch thickness and cut with biscuit cutter. (In absence of biscuit cutter, empty frozen orange juice can works well). Place on slightly floured sheet.

Bake at 450° for about 15 minutes.

Mrs. Bill Henderson

CASSEROLES and MAIN DISHES

GREEN BEAN CASSEROLE

2 cans cut green beans or same amount of frozen, cooked.
1 small can sliced mushrooms
1 small onion, chopped
1 small can water chestnuts, sliced
1 can cream of mushroom soup
1 can French fried onion rings

Combine all ingredients, except French fried onions. Put in casserole dish. Top with onion rings.

Bake at 325° for 30 minutes.

Mary Thompson

CARROT CASSEROLE

2 lbs. carrots
3/4 to 1 stick butter, melted
1/2 lb. Velveeta, melted
1 tube Ritz crackers, crushed

Boil peeled and sliced carrots in salted water until soft; drain. Mix cheese and butter with cooked carrots. Pour in baking dish. Top with crushed Ritz crackers.

Bake at 300° until brown.

It's a lot better than it sounds and kids will eat their carrots this way.

Mary Thompson

BROCCOLI-BEAN CASSEROLE

2 pkgs. cooked and chopped broccoli
1 can cut green beans
1 medium onion, chopped
1 can cream of mushroom soup
1 cup mayonaise
1 cup grated cheese
1 teaspoon salt
1/2 teaspoon pepper
2 beaten eggs

Mix all ingredients, except vegetables, together. Place half of the broccoli in a casserole. Then layer half the beans over the broccoli and pour half the cheese over vegetables. Layer the remaining ingredients again.

Bake at 350° for 30 minutes.

Patti Brumit

BROCCOLI CASSEROLE

2 boxes frozen broccoli
1 box frozen carrots
1 cup mayonaise
1 can cream of mushroom soup
1 can cut up water chestnuts
1 can cubed cheddar cheese
salt & pepper
4 cups dried bread crumbs (May use dressing mix)
1 cube melted butter

Cook broccoli and carrots separately and cool. Mix everything except dressing in casserole. Mix 1 cube melted butter with bread crumbs and pour over rest. Bake 1/2 hour at 350°.

Brenda Lear

HOLIDAY BROCCOLI

1 lb. fresh broccoli, rinsed & trimmed
6 slices bacon, diced
1/4 cup chopped scallions (or green onions)
3/4 cup coarsely chopped walnuts.

Cook broccoli in 1-inch water, salted and covered, for 12 minutes. Drain and put in serving dish, keep warm.

Cook bacon until crisp. Drain on paper towel. Add chopped scallions to bacon drippings in pan and saute. Add walnuts to pan. Saute 5 minutes, stirring or until golden. Pour over broccoli, add diced bacon and serve.

Betty Higby

BROWN RICE CASSEROLE

1½	lb. ground beef
1½	cups celery
1	onion, chopped
1	box Uncle Ben's long grain & wild rice
1	can Cream of Mushroom Soup
2	soup cans of water
1/4	cup soy sauce

Brown meat, celery and onion. Add remaining ingredients. Bake covered at 350° for 1½ hours. Uncover and bake 30 minutes more.

Nancy Green

POLLO em VINAGRE

(Venezuelan Chicken in Vinegar)

1 3 lb. chicken, cut up
1/2 cup flour seasoned w/salt, pepper & paprika
4 tablespoons oil
2 tomatoes, chopped
1 onion, chopped
1 green or red pepper, seeded & cut into strips
4 cloves garlic, crushed
1 4 - 8 oz. can mushrooms
1 large can artichoke hearts
2 tablespoons vinegar
1 bay leaf
juice of 1 lemon
1 tablespoon chopped parsley
1/2 cup red wine
salt & pepper

Dredge the chicken pieces in seasoned flour. Heat the oil in a frying pan, add the chicken and fry over medium high heat until well browned. Transfer the chicken to a casserole dish or clean skillet. Add the tomatoes, onion, green or red pepper, garlic and one cup juice from canned mushrooms & artichoke hearts. Add vinegar and bay leaf and simmer for 10 mins. Add lemon juice, parsley, wine, salt and pepper and simmer for 20 mins, until all ingredients are well blended and chicken is tender. Add mushrooms and artichoke hearts and heat thoroughly. Serve with rice.

Evelyn Rowland

HAM SOUFFLE SANDWICH

12	slices bread (decrusted)
	cut up ham for 6 slices bread
6	slices cheddar (or old english) cheese
5	eggs (well beaten)
2¼	cups milk
	salt
2¼	cups cornflakes
2½	tablespoons melted butter

Mix milk, eggs, salt. Place 6 slices bread in a greased 9X13 pan. Put 1 slice cheese on each piece bread. Cover each with cut up ham. Put remaining 6 slices bread on top. Pour egg mixture over sandwiches. Let stand in refrigerator 6 hours or over night. When ready to bake, crumble cornflakes, cover top and dribble butter over cornflakes.

Bake at 300° for 1 hour

Ken Hallenbeck

CHICKEN OR TURKEY CASSEROLE

2 to 3 cups cooked chicken or turkey, chunked
7 slices dry, lightly buttered bread, cubed
1 can cream of chicken soup
1 can cream of celery soup
2 beaten eggs

Mix cream soups with beaten eggs. Combine with chicken and bread cubes. Place in buttered 7½ x 7½ bake dish. Top with slivered almonds, if desired.

Bake at 350° for approximately 45 minutes or until crusty.

Mrs. Kenneth Hallenbeck

HAMBURGER CASSEROLE

2 lbs. hamburger
onion
1 can peas
2 cans mushroom soup
velveeta cheese
potato tots

Brown hamburger with as much onion and salt to taste and drain; put in baking pan; pour drained peas on top; pour soup and spread on top; add slabs of cheese to cover top; add potato tots all over top; bake at 425° for 15 - 20 mins. until potatoes are done (salt potatoes before baking.)

Pat Yates

HAMBURGER AND HOMINY

1 lb. hamburger
1/2 cup chopped onion
1 can (1 lb.) chili con carne with beans
1 tablespoon chili powder
1 can cream of chicken soup
1 small can hominy (whole kernel corn may be substituted)
American cheese
2 tablespoons ripe olives, sliced

Fry ground beef and onion until meat is brown and onion is transparent. Stir in remaining ingredients, except for cheese and olives.

Spoon into a 2 quart casserole and cover.

Bake at 350° for 25 minutes.

Place olives and cheese on top and return to oven until the cheese melts.

Tammy Morin

By sharing with others we divide the care and multiply the joy.

OUR FAVORITE LASAGNE

1 lb. Ground beef, brown & drain.
Add 1 garlic clove, 1 tablespoon parsley flakes, 1 tablespoon basil, 1½ teaspoons salt, 1 - 1 lb. can tomatoes; 2 - 6oz. cans tomato paste. Simmer uncovered 30 minutes.

Cook and drain wide lasagna noodles (2 layers about 6 -8).

Combine 3 cups cottage cheese, 2 beaten eggs, 2 teaspoons salt, 1/2 teaspoon pepper, 2 tablespoons parsley, 1/2 cup parmesan cheese, 1 lb. mozzarella, grated. Grease 13X9X2 pan. Layer noodles, 1/2 cottage cheese mixture, 1/2 mozarella, 1/2 meat - Repeat.

Cook at 375° for 30 - 40 minutes.
Let stand 10 minutes before serving.

Ken Hallenbeck

POT LUCK LASAGNA

Meat Sauce:

1	cup minced onions
3/4	lb. ground beef
1	can Italian-style tomatoes, chopped
1	15 oz. can tomato sauce
1	teaspoon salt
1	teaspoon garlic powder
1	teaspoon oregano

Brown onions and ground beef. Add chopped tomatoes and tomato sauce. Blend in seasonings. Simmer for two hours over low heat, stirring occasionally.

Filling:

4	oz. lasagna noodles
	Small container cottage cheese
8	oz. sliced mozzarella cheese
	grated parmesan cheese

Cook noodles according to package directions until tender. Drain and separate in an 8X8X2 glass dish. Build in layers: meat sauce, noodles, cottage cheese, mozzarella, and a dusting of parmesan. Repeat. Top off with a thin layer of sauce and another dusting of parmesan.

Bake at 350° for 40 minutes

Mike Fahey

CANNELONI

1	lb. ground beef
2	onions, minced
1	lb. ricotta cheese
1	cup bread crumbs
1	egg, slightly beaten
10	oz. pkg. frozen chopped spinach, thawed, drained
1	teaspoon oregano
1	teaspoon salt
1/4	teaspoon pepper
3	cups spaghetti sauce
9	lasagna noodles, cooked, drained
1	cup shredded mozzarella cheese
1	cup grated parmesan cheese

Preheat over to 350°. In a skillet, saute beef and onion until meat loses its color. Pour off fat. In a bowl, combine beef mixture, crumbs, eggs, spinach, oregano, salt and pepper. Mix well. Spread a layer of sauce in the bottom of a 13X9X2 inch pan. Cut noodles in half across the width. Place 2 tablespoons of mixture on each noodle half. Roll and place seam side down in the baking dish. Sprinkle rolls with mozzarella and parmesan. Cover with foil and bake 10 minutes. Remove foil and bake 20 minutes longer. Can be frozen.

Serves 6 - 8

Irene Tostanoski

ENCHILADAS

1	lb. hamburger
12	corn tortillas
	grated cheese
2	tablespoons chili powder
1	onion, chopped
	garlic salt
	salt
4	tablespoons flour

Fry hamburger. Drain. Add 4 tablespoons flour and 2 tablespoons chili powder. Add approximately 3½ cups water, boil 3 minutes (add more water if needed.) Season to taste with garlic salt. Fry tortillas. Add hamburger mixture, onion and cheese. Pour juice from chili mixture over rolled tortillas and cover with grated cheese. Bake in oven at 350° long enough to melt cheese.

Mauri Johnson

CHIMICHANGAS

(Secrets from Sonora, Mexico)

Place in a crock pot or other similar slow cooker:

One to three pounds of inexpensive beef cuts (stew meat, chuck steak or roast, seven-bone pot roast all work very well).

Add to pot:

1	small can diced green chilis
1	small can diced jalapeno peppers if you like your food hot
2	teaspoons chili powder
2	cloves garlic
1	medium onion, chopped
1	small tomato chopped, if you've got one, or a few cherry tomatoes if you want
1	teaspoon salt

Cook on low heat for at leat 10 hours. Overnight is great. You can refrigerate meat as long as necessary once it's done.

A few times during the cooking process, stir the meat around. After about ten hours the meat should be thoroughly cooked. Take it out, remove any bones or hunks of gristle and shred meat with a fork. Then add it back to the juices in pot, stir up well and let cook for another little while. Correct seasoning. You now have bona fide Mexican CARNE SECA.

Place a liberal amount of the CARNE SECA on an uncooked FLOUR tortilla. Eight inch tortillas are more easy to handle, although restaurants usually use twelve inch tortillas. Restaurants usually have bigger skillets for frying.

Continued

Carefully wrap the tortilla around the CARNE SECA, making sure to enclose the meat well. Place the tortilla filled with meat in about ½ inch of hot oil. The Mexicans use lard, but be good to your body and use vegetable oil instead, it fries cleaner, anyway. Be sure to place the seam-side of the tortilla down. Be careful, any of the juice that leaks out of the tortilla will make the oil splatter. Fry quickly, keeping a close eye on what you're doing. When the bottom of the tortilla is a deep brown, turn it over and fry the other side. (Frying process takes only about five minutes). Remove quickly and place on paper towel. Fry up the rest of the chimichangas. You can keep the fried ones warm in the oven.

Top the chimichangas with shredded lettuce, grated cheese, chopped onions, chopped tomatoes and sour cream (or any of the above you like). Serve with refried beans for a deluxe Mexican supper.

Mary Jane Michael

6 eggs

1/4 cup milk

1 can (6½ or 7 oz.) tuna, flaked or 1 cup cooked.

1/2 lb. mozzarella cheese, grated

1/4 teaspoon salt

1/4 teaspoon ground pepper

1/2 teaspoon basil

1/2 teaspoon oregano

2 tablespoons grated onion

Line a 9-inch pie pan with pastry. Trim edge and flute. Beat eggs and milk together until blended. Add remaining ingredients and stir well. Spoon into unbaked crust. Bake at 425° until brown, 35 to 40 minutes. Serve hot, cut in wedges.

Makes 6 servings.

Debbie Phillips

MEXICAN CHICKEN

1 package tortillas
1 whole chicken
1/2 lb. grated cheddar cheese
1 cup tomatoes and green chiles
1 chopped onion
1 teaspoon garlic salt
1 teaspoon chili powder
2 cups cream of chicken soup

Boil chicken and cut up. Mix everything except soup and tortillas. Soften tortillas in chicken broth. Line baking dish with tortillas. Add chicken mixture. Pour soup over chicken.

Brenda Lear

SPANISH RICE

In a large skillet fry 1 pound hamburger and 1 chopped onion until browned. Start boiling 3 cups water. Add 1 cup uncooked rice or 1 1/3 cups pre-cooked rice to hamburger mixture. Stir until rice is lightly browned. Add 3 cups boiling water (1 1/3 for pre-cooked rice), 2- 8oz. cans tomato sauce, and one chopped green pepper. Add salt, pepper and chili powder to taste.

Stir well with a fork. Cover and cook slowly until the rice is tender, 30 - 40 minutes (10 minutes for pre-cooked rice). Season to taste. Sprinkle with grated cheese.

Mauri Johnson

TORTILLA CASSEROLE

2 cups pinto beans
1 small onion, chopped fine
2 cloves garlic, minced
1 32 oz. can tomatoes
1 3 oz. can chopped ripe olives
2 tablespoons chili powder
1 dozen corn tortillas
1 lb. cheddar cheese

Cook pinto beans until tender and drain off cooking water. Saute chopped onion and garlic in small amount of oil.

Combine the first six ingredients. Oil a baking dish and cover the bottom with mixture. Make alternate layers of tortillas, bean mixture and cheese, finishing with cheese.

Bake at 350° for about 30 minutes.

Alice Cole

IMPOSSIBLE MEXICAN PIE

1 lb. ground beef
1/2 cup chopped onion
1 pkg. (1¼ oz.) taco seasoning mix
1 can (4 oz.) chopped green chiles
1 cup shredded Monterey Jack cheese (4 oz.)
1 1/4 cups milk
3/4 cup Bisquick baking mix
3 eggs
1/8 teaspoon red pepper sauce

Heat oven to 400°. Lightly grease a 10-inch pie plate. Cook and stir ground beef and onion until beef is brown; drain. Stir in seasoning mix. Spread beef mixture in pie plate. Sprinkle with chilies and cheese. Beat remaining ingredients until smooth, 15 seconds in blender on high speed or 1 minute with hand beater. Pour into pie plate. Bake until golden brown and knife inserted halfway between center and edge comes out clean, 25 to 30 minutes. Let stand 5 minutes before cutting. Garnish with peppers and shredded cheese if desired. Refrigerate any remaining pie. 6 to 8 servings.

High Altitude Directions: Bake about 30 minutes

Bake at 400° for 25 to 30 minutes.

Sharon Schmidt

CREOLE JAMBALAYA

2	tablespoons butter
4	cups chopped onion
2/3	cup green pepper
1/3	cup sliced green onion
1	tablespoons minced garlic
2	tablespoons minced parsley
1	lb. lean pork, cubed
1	cup chopped baked ham
6	creole sausages, sliced 1/2" thick (polish or french garlic substitute)
1½	cups long grain rice
3	cups beef stock
2½	teaspoons salt
1/4	teaspoon black pepper
1/8	teaspoon cayenne
1/2	teaspoon chili powder
2	bay leaves
1/4	teaspoon thyme
1/8	teaspoon cloves

In a 7 - 8 qt. pot melt butter over low heat. Add vegetable, pork, ham. Brown (about 25 min.) Add sausage and seasonings. Cook 5 mins. Add rice, beef stock. Turn heat to high and bring to a boil. Reduce to simmer, cover pot and cook 45 mins. stirring occasionally. Uncover for last 10 minutes, stirring frequently to dry rice.

You may double the recipe by doubling rice and beef stock, plus 1/2 teaspoon salt and 1/4 teaspoon pepper. But it's better left thick and rich.

NOTE: If canned beef stock is used, or bouillon cubes, reduce salt accordingly.

John Hyde

FRIED RICE

1. Beat together: 4 eggs and 1/4 teaspoon salt.

2. Soak in hot water until spongy: 1/3 cup chopped green onions and 6 chinese dried mushrooms. Dice.

3. Shrimp mixture:
   4 oz. chopped shrimp
   1/2 teaspoon corn starch
   1/2 teaspoon sherry

4. 1/3 cup fresh or frozen peas

5. Sauce mixture:
   3 tablespoons soy sauce
   1/4 teaspoon salt
   1/2 teaspoon sugar
   1/8 teaspoon white pepper

6. 4 cups cold cooked rice, 1 teaspoon sesame oil.

Heat 2 tablespoons oil over medium high heat. Pour in eggs and scramble until soft. Break up and set aside. Add 2 tablespoons oil to skillet. Add green onions and mushrooms. Stir fry 30 seconds. Add shrimp mixture and cook until shrimp is hot and cooked. Add peas. Stir in sauce mixture. Mix well. Break up lumps of rice and add along with eggs. Stir fry 3 - 5 minutes until rice is thoroughly hot. Stir in 1 teaspoon sesame oil and mix well.

This recipe is really variable. I think the important things are the eggs, the sauce mixture and the sesame oil. They seem to add the most flavor. Other than that, you can use any fresh or leftover vegetables or meat. I've made it with all kinds of things and it's always great. Be sure to use the sesame oil. It just doesn't taste the same without it.

Lisa Bowerman

CHILI

1½	lbs. ground beef (or 1 lb. beef and 1/2 lb. pork)
3	medium onion, chopped
1/4	cup chopped celery
2	15 oz. cans kidney beans
1	28 oz. can tomatoes
2	teaspoons salt
2	teaspoons chili powder (¼ teaspoon cayenne, if desired)

Stir and fry meat until lightly browned. Add onions and celery; stir and brown. Add other ingredients, cover and cook slowly, stirring occasionally, for about 1 hour (for better chili add cayenne powder as desired).

Can be made in crockpot. Brown meat with onions and celery. Put all ingredients in crockpot and stir. Cover and cook on low for 10 - 12 hours.

Ken Hallenbeck

SANDWICH LOAF

1 loaf 16" unsliced bread

1/2 lb. butter or margarine

1½ cups ground cooked ham

1 cup mayonaise or salad dressing

1½ cups drained sweet pickle relish

6 hard cooked eggs, chopped

3 8 oz. pkgs. softened cream cheese

2 tablespoon chopped pimento

Cut crust from bread and slice lengthwise into 4 slices. Chill. Mix ham with 1/3 cup mayonaise, set aside. Repeat with relish, set aside and eggs (add pimento to eggs). Place bread on tray or platter, butter each slice. Put one slice on tray and spread with ham mixture. Place next slice on top and spread with relish. Place next slice on top and spread with egg mixture. Place last slice of bread on top. Mix cream cheese until of spreading consistancy. Frost sides and top of loaf. Cover with plastic wrap and chill until serving time. When ready to serve, slice verti - cally and place slices on plates one at a time. Good for buffet - serve with tray of fresh vegetables and chips. Garnish loaf with parsley and radish rosettes.

Serves 12

Martha Hodges

BREAKFAST SQUARES

6 slices day-old bread, cubed.
3/4 cup ham, sliced
1/2 cup cheese, diced.
1 dozen eggs
3 cups milk
salt & pepper to taste.

The night before you want to feed a big gang grease and line a 9X13 pan with bread. Beat other ingredients and put into pan and let set overnight. In the morning bake at 350° for 1 hour. Cut into squares and serve.

Ed Fleischmann

BEEROCKS

2 lg. potatoes - cover with water and boil until soft. Drain and save water.
1 pkg. dry yeast
2/3 cup sugar
1½ teaspoons salt
2 eggs, well beaten
2/3 cup cooking oil
7 - 7½ cups flour

Mash potatoes to make 1 cup. Add 1½ cups potato water. Keep lukewarm. Add yeast and stir until dissolved. Stir in sugar. Add lukewarm potatoes. Add eggs and oil and salt, mix well. Blend in half the flour. Work in enough remaining flour with fingers until easily handled. Let stand 10 mins. Knead until smooth and elastic. Shape dough into ball. Grease top and refrigerate to 24 hours (covered). Take out and let stand at room temperature 1 hour. Divide into 3 parts. Roll out each part 1/4 inch thick. Cut into 4" squares. Place full tablespoon of mix in center. Bring 4 corners together and pinch. Place pinched edges on greased baking sheet. Let rise 15 - 20 mins. Brush top with egg yolk which has been beaten with small amount of water.

Bake at 375° for 30 minutes or until brown.

FILLING

2 lbs. ground chuck
1 cup (16 oz.) sauerkraut
1 pkg. dry onion soup
1 teaspoon salt
2 teaspoons pepper

Crumble meat and fry until red is gone. Drain dry. Drain sauerkraut dry. Rinse with cold water and break to small pieces. Add onion soup, salt, pepper & mix all together. Cool before putting into squares.

Sharon Schmidt

UKRAINIAN PEREHE

(Cheese Dumplings with Sour Cream)

Filling:

2 large potatoes, boiled for mashing (drained)
2 medium onions chopped fine and sauted in 1 stick oleo until soft and just beginning to brown.
1/2 lb. American cheese, cubed. Place over hot, drained potatoes. Add 3/4 of the onion, oleo mix and 1 teaspoon salt. MASH WELL.

Sour Cream:

1 8 oz. carton sour cream. SLOWLY STIR IN
1/2 cup milk, add the 1/4 remainder onion-oleo mixture.

Slowly warm this just before adding the dumplings. DO NOT BOIL. Cream will curdle if cooked.

Dough:

1 egg --- add water to one cup level, and
1 teaspoon salt. Sit well. (with fork or whip)
1 cup flour. Add to above mixture and beat until smooth.
1½ cups flour. Add all at once and work to form a dough cleaning the sides of the bowl.
1/2 cup flour. Work dough on wooden bread board using flour until it comes clean away and is not sticky. Continue kneading for approx. 10 min. Dough will have a "live" feeling and look smooth and shiny. You will begin to see blisters in the dough. Cover with inverted warm bowl and let the dough rest for 5 minutes.

Continued

Roll dough out, turning frequently. Try to shape it in a rectangle. Final roll, the dough should be about 1/16" thick. Roll from the center outward and finish by thinning down the corners. Cut with sharp knife into 2" squares. Make each dumpling with 2 heaping teaspoon of filling placed in the center of square. Fold over triangularly and press raw edges together firmly to seal. BE CAREFUL NOT TO GET FILLING INTO THE SEAM. Place on floured board ready for boiling. Down side of the cut square will be the stickiest, seals the best.

Have large kettle of boiling salted water ready. (4-6 qts.) Use wooden spoon and stir water in a gentle circular motion while dropping dumplings in one at a time. Allow water to return to slow boil (or simmer) stir occasionally to keep dumplings off the bottom and not sticking to each other. Cook no more than what looks like ½ the amount of water so that they have plenty of room. Do not boil hard as the dumplings could open up with too much pressure and the water would boil over. They will sink to the bottom at first and then begin to float. Boil approx. 15 mins. or until tender. Remove with slotted spoon and the water may be used for the second batch. You may also gently pour into a collandar, rinse with cold water. Place in sour cream mixture & gently toss. They may be kept warm in a low oven. Intense heat curdles the cream.

Irene Tostanoski

LISA'S QUICHE

1	small onion
4	oz. sliced mushrooms
2	oz. butter
12	tablespoons milk
2	beaten eggs
4	oz. grated swiss cheese

Saute onions and mushrooms in butter. Drain. Place in pastry case. Pour milk over the beaten eggs. Add most of the cheese and salt and pepper. Pour into crust. Sprinkle remaining cheese over top.

Bake at 350° for 30 minutes.

Lisa Bowerman

DESSERTS and CANDY

MISSISSIPPI MUD CAKE

2 sticks butter
2 cups sugar
1-1/2 cups flour
1-1/2 cups coconut
4 eggs
2 tablespoons cocoa
2 tablespoons vanilla
1-1/2 cups chopped nuts

Cream sugar, cocoa and butter. Add eggs and vanilla. Mix well. Add flour, nuts and coconut. Beat for 1 minute. Pour into a greased and floured 9 x 13 pan.

Bake at 350° for 30 to 40 minutes.

While still hot, spread 1 jar (16 oz.) marshmallow creme over it.

FROSTING

1/2 box powdered sugar
1/4 cup cocoa
1/2 teaspoon vanilla
Milk (enough for spreading consistency)

Combine above ingredients and frost cake over the marshmallow creme.

Tammy Morin

GRANDMOTHER"S FRUIT CAKE

2 cups sugar
2 cups applesauce, heated just to boiling
2/3 cup margarine or butter
1/2 cup pecans, chopped
1 cup raisins, ground
1 cup dates, ground
2 tablespoons cocoa or 1 square chocolate
1/2 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon cloves
3 teaspoons soda, dissolved in hot applesauce
2 eggs
3 cups sifted flour

Combine shortening and sugar; add eggs and mix together. Add all other ingredients and mix until well blended. Bake in tube pan. If baked in a loaf pan, baking time should be shorter. Frost with chocolate powdered sugar frosting.

Bake at 350° for approximately 1 hour.

Phoebe Hoffacker

BOILED RAISIN CAKE

1/2 cup raisins, boiled in 2 cups water for 15 minutes (reserve water)
1/2 cup sugar
1/4 cup shortening
1-1/2 tablespoon molasses
1-1/4 cups flour
1/2 teaspoon baking soda
1/2 cup hot raisin water
1/2 teaspoon cinnamon
1/2 teaspoon cloves
1/2 teaspoon nutmeg
1/4 cup nuts

Cream shortening and sugar; add molasses and stir well. Pour in hot raisin water and stir until shortening dissolves. Add flour, spices, soda and mix. Blend in cooked raisins and nuts. Pour in 9 x 5 loaf pan and bake.

When cool, remove from pan and frost with confectioners sugar frosting.

Bake at 350° for 45 minutes.

Barbara Gregory

LEMON CAKE

1 pkg. lemon cake mix
1 small pkg. lemon instant jello
4 eggs
3/4 cup water
3/4 cup oil

Beat first four ingredients together. Then add oil and beat well.

Bake at 350° for 40 minutes.

TOPPING

2-1/2 cups powdered sugar
Juice of 2 or 3 lemons

Mix ingredients together. While cake is still hot, puncture well with fork and pour the topping over it.

Mrs. Robert Hoge

20th CENTURY UKRAINIAN POPPY SEED CAKE

Prepare a boxed pound cake according to directions on box, following high altitude suggestions. Some box recipes have instructions for making a deluxe version by adding extra butter; do so if you wish. DO NOT ADD instant pudding or mayonaise or any other such horrible stuff.

To the cake mix add one jar or box of poppy seeds. Spice Island sells poppy seeds in their little bottles and Durkee sells them in little boxes. If you really want to make an authentic poppy seed cake, add <u>two</u> boxes or <u>two</u> bottles.

Bake the cake according to directions on box. A bundt pan is ideal; it gives the cake a traditional ring form. When cake is done, cool for about ten minutes, then CAREFULLY remove from pan. When cake is cool, sprinkle top with powdered sugar. A nice way to do this is to put a few teaspoons of powdered sugar in a tea strainer and tap the edge of the strainer with a spoon. The sugar sort of drifts on top of the cake in a fine powder.

Debbie Muehleisen

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Poppy seed cake is traditionally served at great celebrations, such as weddings, christenings, Easter dinner, etc. Each poppy seed is reputed to bring much good luck; a cake full of them brings immeasurable good fortune to all who eat it.

Serve cake to special friends and be lucky all year long.

WATERGATE CAKE

1 pkg. white cake mix
1 3 oz. pkg. instant pistachio pudding
3 eggs
1 cup Seven-up
1 cup oil

Beat mix, pudding, eggs, seven-up and oil together for 4 minutes. Add 1 cup pecans, if desired. Bake in 9 x 13 pan or bundt pan.

Bake at 350° for 45 minutes.

FROSTING

2 envelopes whipped topping mix (Dream Whip)
1-1/2 cups milk
1 3 oz. pkg. instant pistachio pudding
1/2 cup coconut
3/4 cup chopped nuts

Combine topping mix, milk and pudding. Beat until thick. Spread on cake. Sprinkle with coconut and nuts.

Store cake in refrigerator.

Sue Mehlisch

CHERRY CAKE

1 yellow cake mix (Duncan Hines works best)
1 12 oz. container of Cool Whip
1 8 oz. pkg. softened cream cheese
2 cups confectioners sugar
1 tsp. vanilla
2 cans cherry pie filling

Bake cake as directed. When it is cooled, dump it out so it is upside down and slice it in half long ways. Put bottom half back in baking pan (13 x 9).

Mix together the Cool Whip, cream cheese, sugar and vanilla and pour over bottom half of cake. Gently put the top half of the cake on top of this mixture. Spread the cherry pie filling on top of cake and refrigerate for a few hours.

Pat Yates

PEANUT CHEESECAKE TROPICANA

Crust:

Combine 2 cups ground peanuts with 3 tablespoons melted butter. Reserve 2 tablespoons mixture for garnish. Press remaining into bottom of an 8" square baking pan. Bake at 325° about 10 min. and cool.

Filling:

Whip 2 packages (3 oz.) cream cheese until light and fluffy. Beat in 3/4 cup sugar and 1/4 teaspoon vanilla. Beat in 3 eggs, one at a time, then beat in 1 package (3¾ oz.) instant banana pudding and pie filling and 1/2 cup whipping cream. Pour into a cooled crust and return to oven for 50 - 55 minutes or until a knife inserted in center comes out clean. In a saucepan, over low heat, melt 2 tablespoon butter and 1 square (1 oz.) unsweetened chocolate. Drizzle over cheesecake and sprinkle reserved peanut mixture on top. Cut into 9 squares to serve and lift out with wide spatula.

Irene Tostanoski

AMARETTO CHEESECAKE

1	cup graham cracker crumbs
8	tablespoons butter, melted
4	tablespoons sugar
1/2	teaspoon cinnamon
1½	lbs. cream cheese, softened
1½	cups sugar
1/4	teaspoon almond extract
4	tablespoons Amaretto
4	eggs

Combine graham cracker crumbs, butter, sugar and cinnamon & press on bottom of a 9" springform pan. Place in the refrigerator to chill.

Beat cream cheese util light & fluffy & beat in sugar, almond & Amaretto, until well blended, beating for 5 - 10 mins. Add eggs, one at a time, beat well. 30 mins. in all. Pour mixture into prepared tray.

Bake at 350° for 1 hour, then let cool for 20 minutes.

For the topping, combine 1½ cups dairy sour cream, 3 teaspoons vanilla and 4 tablespoons sugar and spread over cheesecake. Return to oven and bake 20 minutes. Chill until ready to serve .

Variations: For chocolate cheesecake, use vanilla extract, 6 eggs, 2 cups sugar & a 6-oz. pkg. of chocolate morsels, melted. Top with whipped cream.

For Grand Marnier cheesecake, follow original recipe, only substitute Grand Marnier for the Amaretto and garnish with grated orange rind.

Susan Turner

PINEAPPLE CHEESECAKE

1 Jello cheesecake mix
1/4 teaspoon cinnamon
1/2 cup fresh sour cream
1 cup crushed pineapple, drained

Mix crust as directed on package, except add the cinnamon to the crumbs.
Mix filling as directed on package. During the last minute add the sour cream and mix well. Fold in the pineapple and pour into prepared crust. Refrigerate.

Inge Prentiss

YOGURT PIE

1 9 inch pie crust, baked
1 8 oz. pkg. Cool Whip
1 8 oz. carton lemon yogurt
1 8 oz. carton pineapple-orange yogurt
1 20 oz. can crushed pineapple (well drained)

Combine the last four ingredients and pour into pie crust.

This is a creamy and delicious dessert that takes about five minutes to make.

Sharon Schmidt

GRASSHOPPER PIE

24 chocolate wafer cookies, crushed fine

3 tablespoons butter, softened

24 marshmallows

1/2 cup milk

1/2 cup Creme de Menthe (Green); Hiram Walker is good and can be sipped by the cook while following put together directions.

2 cups cream, whipped

Mix crushed chocolate wafers with butter and press into a 9 inch pie plate.

Melt marshmallows and milk in the top of a double boiler and after it has cooled, add Creme de Menthe. Fold in whipped cream.

Pour mixture into pie crust and chill. Decorate with mint sprigs.

Serves 6 to 8.

Mary Thompson

WATERMELON ICE

3 cups watermelon
2 tablespoons lemon juice
1/4 cup sugar

Blend in blender and put in ice cube trays. Stir frequently until mushy; then beat with a mixer. Return to freezer until frozen.

Also great for daiquiri's.

Ruthann Brettell

SHAKER ICE CREAM

4 tablespoons cornstarch
4 quarts milk
1 teaspoon salt
8 egg yolks, well beaten
4 cups sugar
8 egg whites, beaten to stiff froth
1 tablespoon vanilla or
1 tablespoon rose water
1 quart heavy cream

Cook cornstarch thoroughly in the milk; add salt, the well-beaten yolks and sugar. Set aside to cool. When ready to freeze, fold in beaten whites and flavoring. If you wish to blend the cream, do so a little at a time so it will not turn to butter; and do not touch the beater to the bottom of the bowl. Freeze. Makes 4-1/2 quarts.

Mrs. Tommy Acker

OZARK PUDDING

1 egg
3/4 cup sugar
3 heaping tablespoons flour
1-1/4 teaspoon baking powder
1/8 teaspoon salt
1/2 cup chopped apple
1/2 cup chopped nuts
1 teaspoon vanilla

Beat egg well; add sugar, beating until light and creamy. Sift flour, baking powder, salt; add to egg mixture. Add vanilla. Blend well. Fold in apples and nuts. Bake in greased pan.

Bake at 325° for 30 minutes.

This dessert is more cake-like than pudding-like. When done, it falls and develops a chewy crust on the top. An 8 x 8 pan produces a crunchy, chewy dessert. A loaf pan produces one that is more cake-like. Serves four.

Barb Gregory

CHOCOLATE CHIP COOKIES

1 cup margarine
2/3 cup sugar
2/3 cup brown sugar
2 eggs
1 teaspoon vanilla
1/2 teaspoon baking soda
2-1/2 cups flour
6 ounces chocolate chips

Cream margarine and sugars. Add eggs, vanilla and soda. Mix indifferently until either you or the batter if bored. Add flour and repeat mixing as above. Add chips and mix. Sample batter; if it tastes ok, bake cookies until light brown. If they don't taste good, blame the editors of this cookbook, not me----mine always taste good.

Bake at 375° for 8-10 minutes.

Mike Fahey

LEMON SQUARES

1 cup flour
1/2 cup butter
1/4 cup sugar

Mix together and pat into a 9 x 9 pan. Bake at 325° for 25 to 30 minutes.

2 eggs
1 cup sugar
3 tablespoons lemon juice
1/2 teaspoon baking powder
2 tablespoons flour

Beat eggs, add sugar and lemon juice. Fold in flour. Bake on top of crust for 20 minutes at 325°. While warm, sprinkle lightly with powdered sugar. Cut when cool.

Brenda Bishop

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APPLE CRISP

Enjoy the following cooking experience with your child, as they love to cook, stir, toss and mix.

Slice 4 to 6 medium apples. Let your child help you to place the slices in a greased baking pan. Have your child help you to measure, pour, and mix together the following ingredients: 2/3 cup brown sugar, 1/2 cup flour, 3/4 cup oats, 3/4 teaspoon cinnamon, 1/4 teaspoon nutmeg and 1/2 cup butter. Let your child sniff and taste each ingredient as it is added. Sprinkle the ingredients over the apples and bake at 375° for 30 minutes. Enjoy the apple crisp together while it is still warm. Optional: add 1/2 cup raisins & 1/2 cup nuts.

Ruthann Brettell

MOTHER'S BUTTERSCOTCH BROWNIES

1-1/2 cups flour
1-1/2 teaspoons baking powder
1/2 cup butter or margarine
2 cups brown sugar, firmly packed
2 eggs
1 teaspoon vanilla
1 cup chopped nuts

Heat oven to 350°. Grease and flour a 9 x 13 pan. Melt butter in heavy saucepan over low heat; add sugar; heat until melted, stirring constantly. Cool slightly. Drop in eggs, one at a time, mixing well. Mix in vanilla. Sift and add dry ingredients. Stir in nuts. Turn into pan.

Bake at 350° for 20-25 minutes.

*Adjusted for altitude.

Mrs. Kenneth Hallenbeck

TWO-TONE BROWNIES

1 cup butter
2 cups sugar
1/4 teaspoon salt
1 cup walnuts
4 eggs
1 cup cocoa
1 cup flour

FILLING

1 8 oz. pkg. cream cheese
1/3 cup sugar
1 egg
1/2 teaspoon vanilla

Cream butter, sugar, eggs and salt until light and fluffy. Coarsely chop nuts and add with cocoa. Blend in flour until just moist. Pour half the batter in a greased 9 x 13 pan. Beat together all ingredients for filling until smooth. Spread the cream cheese mixture over the batter in the pan. Spread the remaining chocolate mixture on top and swirl slightly with a spoon.

Bake at 350° for 40 minutes.

Brenda Lear

APRICOT BARS

Mix: 1-1/2 cups flour
1-1/2 teaspoons baking powder

Blend in: 3/4 cup butter
1 beaten egg
2 tablespoons milk

Pat into a 9 x 12 pan. Spread on 1 cup apricot jam.

Mix: 2 beaten eggs
1 cup sugar
6 tablespoons melted butter
2-1/2 cups coconut

Spread over jam.

Bake at 350° for 20-25 minutes.

Judy Stebenne

CARROT BARS

4 eggs, beaten
1 cup oil
2 cups flour
2 cups sugar
2 teaspoons soda
2 teaspoons cinnamon
1 teaspoon salt
3 jars (4-1/2 oz. each) strained baby food carrots

Beat all together and bake in 2 greased 9 x 13 pans.

Bake at 350° for 25 minutes

FROSTING

4 tablespoons margarine
1 3 oz. pkg. cream cheese
1 lb. (or less) powdered sugar
1/2 teaspoon vanilla
Few drops water

Mix all ingredients together and frost carrot bars.

Phoebe Hoffacker

FROSTY STRAWBERRY SQUARES

1 cup flour
1/4 cup brown sugar
1/2 cup melted butter
1/2 cup chopped walnuts or pecans

Stir together. Spread evenly in a shallow baking pan.

Bake at 250° to 300° for 20 minutes. Stir occasionally.

TOPPING

2 egg whites
1 cup granulated sugar
2 tablespoons lemon juice
1 cup cream, whipped
2 cups fresh strawberries or 2 10 oz. pkgs. frozen strawberries*

*If you use pre-sweetened strawberries, decrease sugar according to taste.

Combine egg whites, sugar, berries and lemon juice in large bowl with electric mixer. Beat at high speed to form stiff peaks; about 10 minutes. Fold in whipped cream. Top with the crumbs you already cooked.

Cindy Bridges

BAKLAVA

1 box FILO streudel pastry leaves
2 cups almonds or walnuts (or combination)
1 cup sweet unsalted butter
1/2 cup sugar
Cinnamon & clovespowder to taste

Unroll Filo leaves and cut in half. Brush a baking pan (9 x 13) with melted butter. Carefully put 3 layers of filo and brush with melted butter, 3 layers of filo, brush with butter and so on until the first half of the pastry is used.

Grind almonds, walnuts and combine with sugar and spices. It should be well combined and finely chopped. Spread mixture evenly on filo layers in baking pan.

With the second half of the filo leaves, carefully layer them in three's as you did with the first half, brushing them with butter. When all have been placed in the pan, score top sheets in a diamond or rectangle pattern with a sharp, pointed knife.

Bake at 350° for approximately 1 hour or until golden brown. Cool.

SYRUP

1 cup of honey
2 cups water
2 cups sugar
1 cinnamon stick
Some orange rind

Boil for 10 minutes and allow to cool. Remove orange rind and cinnamon stick and pour hot syrup over baklava.

Dave Jones

10-15-06
very good

IRISH BLACKBERRY TART

1/2 pound butter (not oleo)
3 cups flour
1/4 cup sugar
1 egg
1 medium jar seedless blackberry jam

Mix pastry with dough cutter. Add egg and mix. Spread on cookie sheet. Cover with jam.

CRUMB TOPPING

1/4 cup butter
1/2 cup flour
1/2 cup brown sugar
1/2 oz. almond extract

Blend together and sprinkle over the pastry and jam.

Bake at 350° for 20 minutes.

Dave Jones

BAKED INDIAN PUDDING

1 quart milk
1/4 cup yellow coarse corn meal
1/2 cup molasses

Boil above for about 15 minutes.

1 egg, beaten
2 oz. butter or oleo
1/2 cup sugar
1 teaspoon cinnamon

Mix all ingredients together and pour into a baking pan.

Bake in a 350° oven for 1-1/2 hours. Stir every 20 minutes.

Top with a scoop of vanilla ice cream.

Ruthann Brettell

CANDY REESE BALLS

1/2 stick margarine
2 cups powdered sugar
1 cup peanut butter (crunchy)
1 teaspoon vanilla

1 6 oz. pkg. chocolate chips
1/4 stick paraffin wax (or less)

Mix first four ingredients together; roll into bite size balls and chill.

Melt chocolate and paraffin wax together and dip chilled peanut butter balls into it.

Patti Brumit

LOUISIANA CREAM FUDGE

3 cups sugar
1 cup light corn syrup
2 cups whipping cream
1/4 cup margarine
1/2 cup flour
2 cups chopped pecans

Put sugar, corn syrup and cream in heavy 3 quart saucepan. Blend. Bring to boil over medium heat, stirring uhtil sugar is dissolved. Cook till mixture reaches the soft ball stage (234° is the accepted temperature, but I only cook mine to about 227° because of the high altitude). Remove from heat and cool for 5 minutes.

Blend in butter and beat until mixture begins to thicken (about 5 minutes). Blend in flour. Beat until thick and creamy (about 15 minutes). Add pecans. Turn onto 2 buttered plates or a buttered 9 x 13 pan.

Makes about 2-3/4 lbs. fudge.

Sharon Schmidt

CHOCOLATE FUDGE

1/2 cup butter or margarine
1 5-1/2 or 6 oz. pkg. regular chocolate pudding mix
1/2 cup milk
1 lb. sifted powdered sugar (4-3/4 cups)
1/2 cup chopped walnuts
1/2 teaspoon vanilla

In medium saucepan, melt butter or margarine; stir in dry pudding mix and milk. Bring to boiling and boil for 1 minute, stirring constantly. Remove from heat; beat in powdered sugar. Stir in walnuts and vanilla. Turn into buttered 10 x 6 x 2 inch dish. Garnish with walnut halves, if desired. Chill; cut into 1-1/2 inch squares

Makes 1-3/4 lbs.

Marvin Scott

MEATS, FISH and POULTRY

BEEF ROLLS
(Rouladen)

Thin slices of beef
Mustard (grey poupon or gouldens)
Salt, Pepper
Bacon, Diced
Onion, Chopped
Cornstarch

Ask the butcher to cut you thin slices of beef. Beat them lightly, brush with mustard and sprinkle with salt and pepper. Mix together onion and bacon, spread the mixture onto the beef. Starting at the narrow end, roll up the meat and secure them with a skewer or with thread. Brown well. Add water until meat is about half covered. Replace water as needed. Simmer about 45 minutes. When almost done, add beef bouillon and/or spices as desired to water. Remove beef rolls, thicken juice for gravey with cornstarch and serve.

Guten Appetit!

Astrid Gracy

SHAGGY TIGERS

1 lb. ground lean beef
1 egg, beaten
1/2 cup powdered milk
1/4 cup water
1¼ teaspoons salt
1/4 teaspoon pepper
1/2 cup shredded raw carrot
1/2 cup shredded raw patato
2 tablespoons finely chopped onion
1 tablespoon chopped green pepper

Combine all ingredients and mix well. Shape into 8 logs and place on lightly greased tray. Bake in hot oven (400°) about 20 minutes, until browned and cooked through.

Makes 8 "tigers"

Glenn Smedley

MEAT LOAF

2 lbs. ground beef
1 medium onion, minced
1 medium green pepper, diced
2 tablespoons wheat germ
2 cups cracker or bread crumbs
1/2 cup spaghetti sauce
1/2 cup milk
1/2 cup grated cheese
1 egg

Mix all ingredients in large bowl. Shape into loaf tin.

Bake at 350° for one hour.

Arthur Mussey

GERMAN BEEF

4 lbs. lean beef (arm roast) in chunks
2 lbs. sliced onions
1/2 cup flour
6 cloves garlic
1/2 cup oil
3 tablespoons brown sugar
1/4 cup red wine vinegar
2 bay leaves
2 teaspoons thyme leaves
1/2 cup parsley, chopped
1 tablespoon salt
2 cans 10½ oz. beef broth
2 cans beer (12 oz)
ground pepper

Flour meat and brown in oil. Place in large casserole. Add onions to fry pan with garlic and brown. Drain onions well. Place in casserole. Add sugar, parsley, bay leaves, thyme, salt and pepper to fry pan with broth and vinegar. Heat over low flame, scraping pan. Pour over meat. Add beer to meat and bake.

Bake at 325° for 2 hours.

Susan Turner

Ed's Prize Winning* MOCK FILET MIGNON

1½	lbs. ground beef
4	slices bacon
1/4	teaspoon mustard, dry
	pinch pepper
1	teaspoon salt
1	small onion, chopped
2	english muffins
	A-1 sauce

Take salt, mustard and pepper, dust over the hamburger with great flair; add onions and knead into meat; then form 4 patties 3/4 - 1 inch thick; wrap each with a strip of bacon around the side; caution, do not staple bacon ends, but a toothpick may be used to hold into place. Broil for 6 - 8 minutes on one side, then turn and broil on the other side for equal time -- a little less if you like your "steak" rare. Place each patty on a toasted English muffin. Serve with A-1 sauce over each patty. Voila - filet mignon (if you have a good imagination!)

* This recipe won a second prize in a contest sponsored by the Beef Industry for recipes using inexpensive cuts of meat.

Ed Rochette

HOME-MADE SUMMER SAUSAGE

5 lbs. lean ground beef
3 tablespoons curing salt (Morton's Tender Quick)
2 teaspoons hickory liquid smoke
2½ teaspoons mustard seed
2½ teaspoons coarsely ground black pepper
2 - 2½ teaspoons garlic salt

Mix seasoning together into meat. Mix well with hands. Cover and refrigerate. Mix again every 24 hours for 72 hours. Form into 5 balls, 9" to 10" long. Place on broiler pan on center rack of 140° oven. Bake uncovered for 8 hours, turning rolls every 2 hours. The sausage forms its own skin. Cool completely. Wrap in plastic wrap.

Leonard Albrecht

ROAST LEG OF LAMB

4-5	lb. leg of lamb
1	Qt. water
1/4	cup fresh lime juice or vinegar
4	teaspoons of salt
4	garlic cloves
1/4	teaspoon ground pepper
1/4	teaspoon ground oregano
2	tablespoons oil
2	teaspoons vinegar

1. Wash your hands, take the skin and fat off meat. Mix water & lime or vinegar in a large container and allow to wash for 15 mins. Drain.

2. Make various incisions with a sharp knife and salt, introducing the salt into the cuts and rubbing the outside. Place the meat on a roasting tray.

3. Smash the garlic cloves with the pepper and oregano. Add 1 tablespoon of oil and season the meat on the outside.

4. Combine the vinegar with the rest of oil and sprinkle over the meat. Either place in the refrigerator until the next day or season one hour before roasting.

5. Take the meat out of the refrigerator one hour before roasting. Turn oven to 325° 10 mins. before.

6. Place meat on tray and coat again with the liquid it has been sitting in and place in oven.

(Continued)

7. Roast 2 hours and 20 minutes, approximately, that is around 35 minutes per pound. Raise oven temperature to 350° the last 20 Minutes.

8. Serve with mashed potatoes, rings of onion in butter and the following sauce.

SAUCE

2 tablespoons of butter
4 teaspoons of flour
1 cup of beef bouillon broth

1. Mix in a small sauce pan over low heat the butter and flour. Add half the bouillon broth and stir until it thickens. Set aside.

2. Mix the rest of the broth with the sauce that dripped from the meat while roasting. Strain.

3. Add 1/4 cup of this to sauce and mix well. Heat before serving.

Pedro Collazo

CURRIED SHRIMP

1½ - 2 cups cooked shrimp
2 tablespoons butter
2 tablespoons flour
2 tablespoons minced onion
1/4 cup minced celery
1/4 cup minced green pepper (optional)
1 pint half & half cream
1 tablespoon sherry
1 tablespoon curry powder (or to taste)
2 tablespoons chutney
salt and pepper

Have ready cooked shrimp. Make sauce by browning onion, celery and green pepper in butter, adding flour. When smooth, gradually add cream. When thickened and just comes to boil, add shrimp and let simmer for a few minutes; then add curry powder, sherry and chutney. Serve over hot rice.

Serves 4

Betty Higby

SALMON RAMEKINS

6 tablespoons flour & butter
1/2 onion chopped fine
1/4 cup celery
2/3 cup milk
1/4 cup white wine
8 oz. sharp cheddar cheese
4 oz. mushrooms
16 oz. salmon
2 cups cooked rice

Saute onion and celery in butter, blend in flour, slowly add milk and wine. Add cheese and stir constantly until cheese is melted. Add salmon and mushrooms. Place rice in a greased casserole and then salmon mixture on top.

Bake @ 350° for 1 hour

Ruthann Brettell

SALMON LOAF

2	(1 lb.) cans salmon
1	large onion
4	stalks celery
1/4	cup butter
1/2	lbs. sliced mushrooms
2	cups fresh bread crumbs
1/2	teaspoon salt
1/4	teaspoon pepper
3	tablespoons chopped parsley
4	teaspoons grated lemon rind
1/2	cup lemon juice
2	eggs
1/2	cup milk

Flake salmon, reserving the liquid. Peel and chop the onion & celery. Heat butter in skillet and saute the onion and celery for about 10 min. Add the sliced mushrooms and saute for another 5 mins. Combine the cooked vegetables with the bread crumbs in large bowl. Add the salmon, reserved liquid, salt, pepper, parsley, lemon rind and lemon juice. Beat eggs lightly and add to the salmon mixture with the mi lk. Put salmon mixture in a large greased loaf pan.

Bake @ 375° for 50 minutes

Serves 6 - 8

Merril Davis

CURRIED HALIBUT

4 8 oz. halibut steaks (cut 1 inch thick)
2 tablespoons lemon juice
1½ teaspoons salt
1/2 teaspoon pepper
1/4 cup vegetable oil
1/2 cup finely chopped onions
1/4 teaspoon ground hot-red pepper
1/4 teaspoon tumeric
2 ½ tablespoons corriander
3 coarsely chopped tomatoes
4 tablespoons corriander

Sprinkle fish steaks with lemon juice, salt, & pepper. Let stand at room temperature for 15 - 20 minutes. In skillet, heat the oil, and fry the onions until they are a golden color. Do not brown, or burn. Stir in pepper, tumeric & corriander. Remove from heat momentarily, then stir in tomatoes, return to heat. Stir in remaining corriander. Fry for a minute or so. Transfer to a separate bowl. Add more oil to skillet, over moderate heat, fry the steaks until the top layers flake easily with a fork. Add the tomato mixture to fish, and simmer, covered, until fish takes on an amber coloring. Transfer to platter, garnish with sliced tomato and scallion leaves.

(Mild taste, a curry, but not spicey tasting)

Serves 4

Denise Schultz

CHICKEN SARONNO

6 boneless and skinless chicken breast halves
salt, pepper, garlic powder, curry powder, flour
1/4 cup butter or margarine
1/2 lb. fresh mushrooms, thickly sliced
1/4 cup Amaretto di Saronno
Grated rind and juice of 1 lemon
1 - 1½ cups chicken broth
1 tablespoon cornstarch
Patty shells

Cut chicken into 2-inch wide strips. Sprinkle with salt, pepper, garlic powder and curry powder. Roll strips in flour. Heat butter or margarine in a large skillet. Brown chicken pieces on all sides. Add mushrooms, Amaretto di Saronno, grated lemon rind and juice. Simmer 5 minutes. Mix chicken broth and cornstarch. Stir mixture into skillet. Stir over low heat until mixture bubbles and thickens. Season to taste with salt, if necessary. Spoon mixture into patty shells. Garnish with parsely and diced tomato, if desired.

Makes 6 servings.

Inge Prentiss

OVEN FRIED CHICKEN

1 2½ to 3½ lb. chicken - cut-up fryer
1/2 cup bran
salt
1 teaspoon paprika
1/4 teaspoon pepper
1/4 cup oil

Mix together bran, salt, paprika and pepper. Coat chicken with this mixture. Pour 1/4 cup oil into a shallow baking pan. Arrange chicken pieces in pan, skin side down. Bake at 400° for 30 mins. Turn chicken and continue baking about 30 mins. or until tender.

Serves 2 - 4

Glenn Smedley

MISCELLANEOUS

UNSPOILED KIDS

The following ingredients, put together, will make a happy childhood:

A happy teenager
A happy adult
One large grassy field
6 Children
1 small dog, 1 cat, and 1 dalmation dog
Narrow strip of brook with pebbles
Hot sun
Flowers
Deep blue sky
A full picnic basket

Mix the children with the cat and dogs; empty into the field; sprinkle field with flowers; cover with deep blue sky; blend with love, and spread the picnic contents.

By

Mrs. Tommy Acker

A HAPPY HOME RECIPE

4	cups of love
2	cups of loyalty
3	cups of forgiveness
1	cup of friendship
5	spoons of hope
2	spoons of tenderness
4	quarts of faith
1	barrel of laughter

Take love and loyalty, mix them thoroughly with faith. Blend it with tenderness, kindness and understanding. Add friendship and hope, sprinkle abundantly with laughter. Bake it with sunshine.

Serve daily with generous helpings.

Mickie O'Brien

HOW TO PRESERVE A HUSBAND

Be careful in your selection. Do not choose one too young and take only such varieties as have been reared in a good atmosphere. When once decided upon and selected, let that part remain forever settled.

Some insist on keeping in a pickle, while others are constantly getting into hot water -- this only makes them sour and bitter.

Even poor varieties may be made sweet, tender and good, by garnishing with patience, well-sweetened with smiles. Wrap in a mantle of charity, keep warm with a steady fire of domestic devotion. When thus prepared, husbands will keep for years and improve with age.

(Taken from an old family cookbook about 1870)

Mrs. Tommy Acker

PLAYDOUGH

1 cup flour
1/2 cup salt
2 teaspoons cream of tartar
2 tablespoons vegetable oil
1 cup water

food color (after dividing dough)

Cook til it forms a ball - not very long.

* *

GLUE

1/4 cup corn starch
3/4 cup water
2 tablespoons light karo corn syrup
1 teaspoon white vinegar

Combine above in suacepan. Cook stirring constantly over medium heat until mixture thickens. It will thicken very quickly once it gets hot. It will be a thick paste. Remove from heat. Combine the following and stir into first misture until smooth:

1/4 cup corn starch
3/4 cup water

You can add 1/4 teaspoon oil of wintergreen as a preservative. Store in covered container. Keeps two months (longer if kept in the refrigerator).

Brenda Bishop

SALADS

TACO SALAD

1 lb. ground beef
1 pkg. taco seasoning
1 head lettuce
1 can kidney beans, drained
8 oz. cheddar cheese, grated
4 tomatoes, chopped

DRESSING

8 oz. thousand island dressing
1 Tablespoon taco seasoning
1 tablespoon taco sauce
Taco chips

Brown meat, drain well and cool. Add taco seasoning, reserving 1 tablespoon for dressing. In a BIG bowl shred 1 head lettuce, add beef, kidney beans, cheddar cheese and tomatoes. Refrigerate. Toss salad with dressing. Top with crushed taco chips. Serves a family as a main dish or is good on a buffet.

Sue Mehlisch

FROSTED 7-UP SALAD

2 pkgs. lemon Jell-o
2 cups boiling water
2 cups Seven-up
20 oz. can crushed pineapple, drained
1-1/2 cups small marshmallows (optional)
2 sliced bananas

Dissolve Jell-o in boiling water. Add the 7-up and let it partially set. Then add the drained pineapple, marshmallows and bananas. Chill until set.

TOPPING

1/2 cup sugar
2 tablespoons flour
1 cup pineapple juice (reserved from pineapple)
1 beaten egg
2 tablespoons butter
2 cups cool whip or dream whip

Cook sugar, flour, pineapple juice and beaten eggs until the mixture thickens. Let cool and add butter. Chill and fold in cool whip. Spread topping over jello that has been set. Sprinkle chopped nuts over topping if you desire.

Tammy Morin

SWEET AND TART SALAD

3 cups shredded cabbage
1 1/2 cups chopped apple
1/2 cup Celery Seed Dressing (below)

Toss together cabbage and apple. Pour on dressing and toss lightly to coat evenly.

CELERY SEED DRESSING

1/2 cup sugar
1 teaspoon dry mustard
1 teaspoon salt
4 1/2 tablespoons cider vinegar
1 teaspoon grated onion
1 cup Crisco Oil
1 tablespoon celery seed

Mix sugar, mustard, and salt. Blend in 2 tablespoons of the cider vinegar and the grated onion. Gradually beat in Crisco Oil. Beat until thick and light. Slowly beat in the remaining cider vinegar. Stir in celery seed. Pour into a screw-top jar. Cover tightly and shake vigorously to blend well. Store covered in refrigerator. Shake well before using.

About 1 2/3 cups.

Brenda Bishop

CAULIFLOWER SALAD

2 cups diced raw cauliflower
1 cup diced raw broccoli
4-6 green onions, diced
1/2 cup diced celery
1/2 cup mayonnaise
1 tablespoon sugar
Salt to taste
1/4 cup milk or cream

Prepare vegetables ahead of time and put in refrigerator to crisp. Mix mayonnaise, sugar, salt and milk. Add to vegetables 30 to 60 minutes before serving. Serves 6-8.

Nancy Green

REFRIGERATOR PICKLES

7 cups sliced cucumbers, unpeeled
1 cup onions
1 tablespoon salt

Let stand 2 hours, drain.

2 cups sugar
1 cup white vinegar
1 teaspoon celery seed

Boil together. Cool and pour over cucumbers and keep in refrigerator.

Ruthann Brettell

HAWAIIAN SALAD

1 cup commercial sour cream
1 cup crushed pineapple (drained)
1 cup grated coconut
1 cup mandarin oranges (drained)
1 cup miniature marshmallows

Drain fruit thoroughly and combine with other ingredients. Let stand overnight. Add a few maraschino cherries. Add almonds if desired.

Janet Warner

BLACK CHERRY JELLO SALAD

1 cup cottage cheese
1 cup dream whip or cool whip
1 cup sour cream
1 small pkg. cherry jello
1 regular size can of black cherries
(drained)
Walnuts

Mix ingredients and chill.

Patti Brumit

WATERGATE SALAD

1 9 oz. carton "cool whip"
1 box (small) instant pistachio pudding
1 (16 oz.) can crushed pineapple and juice
1 cup miniature marshmallows
1/2 cup chopped pecans

Fold dry pudding mix into "cool whip". Add pineapple with juice, marshmallows and pecans. Seal and refrigerate.

Debbie Phillips

SOUPS

MOTHER BROWN'S VEGETABLE SOUP

Saute: 2 onions and approximately an equal amount of celery

Add: 1/2 head chopped cabbage
blended stewed tomatoes (to desired consistency)
salt, pepper to taste

Cook 1 hour.

Add: 1 pkg. mixed vegetables
diced potatoes
tobasco sauce (to taste)
parsley

Cook at least another hour.

Laura Hoge

NO-PEEK STEW

3 lbs. beef stew meat, cut in 1-inch cubes
1 10 3/4-oz. can condensed golden mushroom soup
1 8-oz. can small whole carrots, drained
1 8-oz. can small whole potatoes, drained
1 6-oz. can sliced mushrooms, drained
1/2 cup beef broth
1/2 cup red wine
1/2 envelope dry onion soup mix (1/4 cup)

Trim off all fat from meat. Combine all ingredients in slow-cooker. Cook, covered, at low-heat setting for 9 to 10 hours. Makes 8 cups, about 5 servings.

Marvin Scott

GROUNDNUT (PEANUT) SOUP

Place: 1 Guinea Hen (chicken), cut up, in a six quart pot.
2 medium whole onions, peeled
4 carrots, whole, peeled
1 teaspoon salt
1/2 teaspoon pepper
2 quarts water

Cover: and simmer gently until chicken is done, about 1 hour.

Remove: chicken, carrots, onions

Add: 6 oz. can tomato paste
8 oz. peanut butter (unsalted, natural style is preferable)
1/4 teaspoon cayenne pepper
1/4 teaspoon red pepper

Cook: slowly until oil rises to top, about 20 minutes. Skim off oil, and eat as soup:

Or: use soup base to make:

GROUNDNUT STEW

Add: chicken, carrots and diced, cooked potatoes or cooked rice to soup

GROUNDNUT SAUCE

Thicken soup base with flour and use as a sauce over sauted bananas, plantain, yams, mashed potatoes or stewed beef.

Mary Jane Michael

POTATO/OYSTER STEW

7 cups thinly sliced potatoes
1 medium or large white onion, chopped
2 large stalks celery, chopped
4 tablespoons butter
1 tablespoon finely chopped parsley
1/4 bay leaf
1 container fresh oysters (refrigerated)
2 tablespoons salt
4 cups milk
2 cups water

Put potatoes, onion, celery and salt into a 3 quart saucepan and cover with cold water. Cover and bring to boil; reduce heat and simmer 10 minutes or until potatoes are perfectly tender. Mash potatoes to at least 1/4 inch dice sized chunks in their liquid. Add butter and milk.

Meanwhile, heat oysters in their own liquid until edges curl. Finely chop and combine (including oyster liquor if strong taste is desired) with vegetable stock. Add bay leaf. Reheat to scalding, remove from heat, stir in parsley and serve at once. Add paprika and pepper to taste.

Neil Harris

FRENCH ONION SOUP

4 large onions
1/4 cup butter or margarine, melted
3 (10-3/4 oz.) cans beef broth, undiluted
1 teaspoon worcestershire sauce
1/8 teaspoon pepper
4 or 5 slices french bread, toasted
Grated Parmesan cheese

Saute onion in butter in Dutch oven over medium heat until tender, stirring frequently. Add broth, worcestershire and pepper. Bring to a boil. Reduce heat; cover and simmer for 5 minutes.

Ladle soup into individual baking dishes; top each with a slice of toasted bread. Sprinkle with cheese and place under broiler for 2 or 3 minutes to brown top.

Serve immediately. Yields 4-1/4 cups.

Bill Henderson

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Arthur Mussey	Printing
ANA staff	Their favorite recipes

If in this cookbook
a mistake you find,
Sharon and Judy say
"Just never you mind"